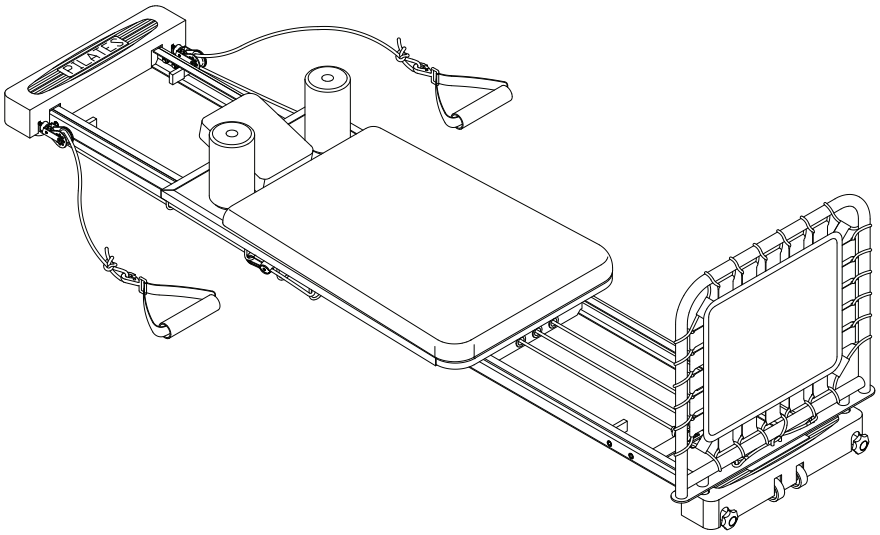
# AeroPilates® Premier 299

# Owner's Manual




**Product May Vary Slightly From Pictured.**

**⚠ WARNING ⚠**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

**When calling for parts or service, please specify the following number:**

**Model#: 55-4299**

**CAUTION:**
**Weight on this product should not exceed 300 lbs.**

**This Product is Produced Exclusively by**

STAMINA® PRODUCTS, INC.

**2040 N. Alliance, Springfield, MO 65803**
**Customer Service**
**1 (800) 375-7520**
**www.staminaproducts.com**

**Patent Nos. D382,319 and 7,179,207. Other patent(s) apply & are pending**

**STAMINA PRODUCTS**
**MADE IN CHINA**

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2010, 01

## TABLE OF CONTENTS


**Safety Instructions ..... 2**
**Before You Begin ..... 4**
**Equipment Warning & Notice Labels ..... 5**
**Hardware Identification Chart ..... 6**
**Assembly Instructions ..... 7**
**Operational Instructions ..... 10**
**Storage ..... 11**
**Maintenance ..... 11**
**Conditioning Guidelines ..... 12**
**Warm-Up and Cool-Down ..... 13**
**Product Parts Drawing ..... 14**
**Parts List ..... 15**
**Warranty ..... 17**
**Notes ..... 18**
**Fax/Mail Ordering Form ..... 19**


## SAFETY INSTRUCTIONS

⚠ **WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Premier 299.**

1. Read all warnings posted on the ***AeroPilates*® Premier 299.**
2. The ***AeroPilates*® Premier 299** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
5. Keep children away from the ***AeroPilates*® Premier 299.** Do not allow children to use or play on the ***AeroPilates*® Premier 299.** Keep children and pets away from the ***AeroPilates*® Premier 299** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the ***AeroPilates*® Premier 299** on a solid level surface. Do not position the ***AeroPilates*® Premier 299** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the ***AeroPilates*® Premier 299.**
9. Before using, inspect the ***AeroPilates*® Premier 299** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. When folding or unfolding the ***AeroPilates*® Premier 299,** keep all children away from the ***AeroPilates*® Premier 299** and make sure your hands are clear of any folding or pinch point.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the ***AeroPilates*® Premier 299.**
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the ***AeroPilates*® Premier 299.** Loss of balance may result in a fall and serious bodily injury.
16. The ***AeroPilates*® Premier 299** should not be used by persons weighing over 300 pounds.
17. The ***AeroPilates*® Premier 299** should be used by only one person at a time.
18. The ***AeroPilates*® Premier 299** is for consumer use only. It is not for use in public or semipublic facilities.

⚠ **WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

# Call Us First

STAMINA® PRODUCTS, INC.

## Customer Service

## 1 (800) 375-7520

## www.staminaproducts.com

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### THANK YOU FOR PURCHASING THE *AeroPilates*® Premier 299

**To help you get started, we have pre-assembled most of your AeroPilates® Premier 299 at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.**

**Should you have any questions, please call our Customer Service Department toll-free number,**
**1 (800) 375-7520**
**Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.**
**Friday, 8:00 A.M. - 3:00 P.M., Central Time.**

**TELEPHONE**
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

**FAX**
CUSTOMER SERVICE
Fax: (417) 889-8064

**ONLINE**
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

**MAIL**
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

## *BEFORE YOU BEGIN*

Thank you for choosing the **AeroPilates® Premier 299.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **AeroPilates® Premier 299** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

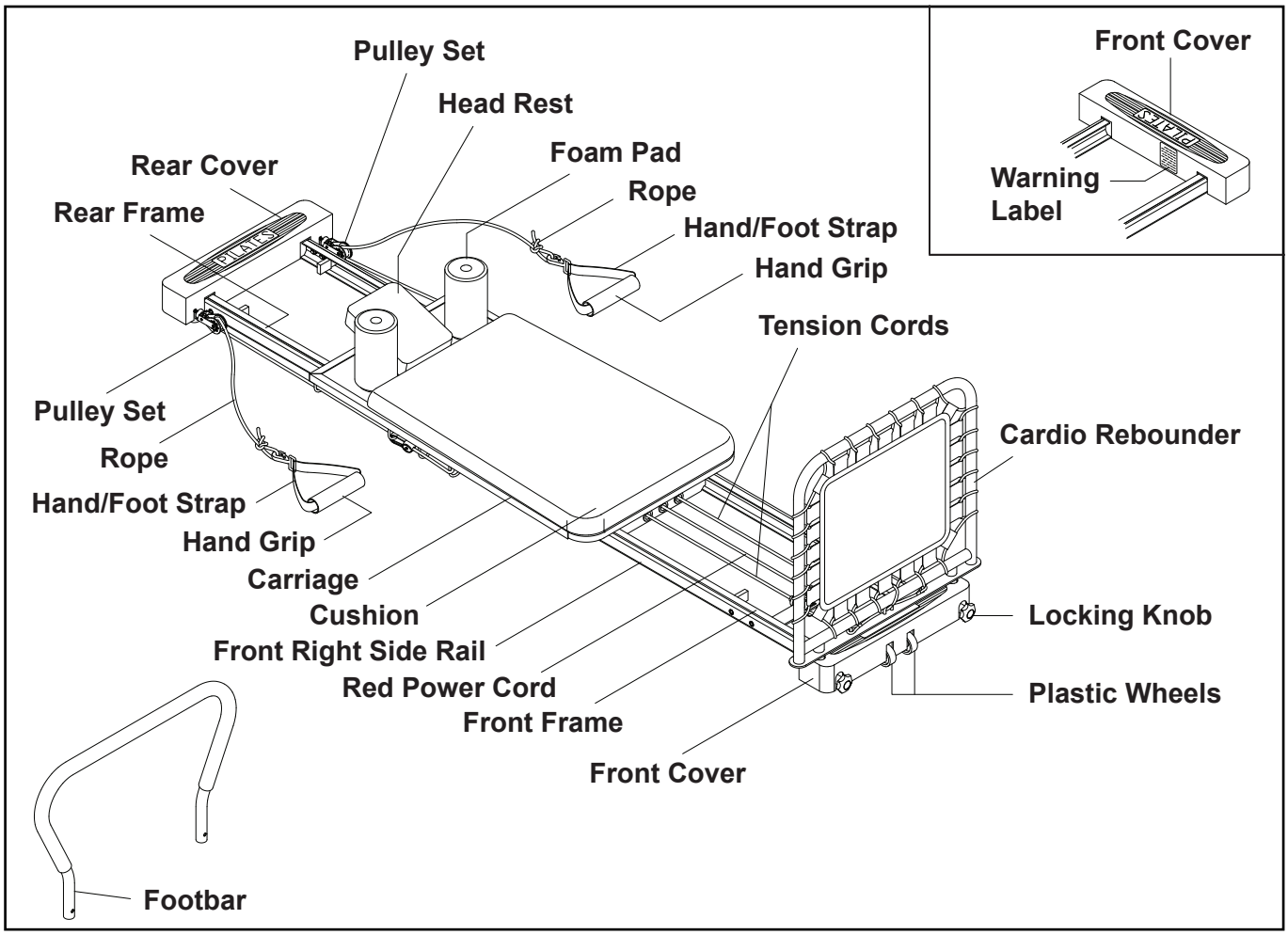
Read this manual carefully before using the **AeroPilates® Premier 299.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **AeroPilates® Premier 299,** please do not return the product. Contact us FIRST!

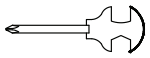
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

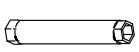
Be sure to have the name and model number of the product available when you contact us.




**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:**



**Combination Wrench**



**Socket Wrench**

## *EQUIPMENT WARNING & NOTICE LABELS*

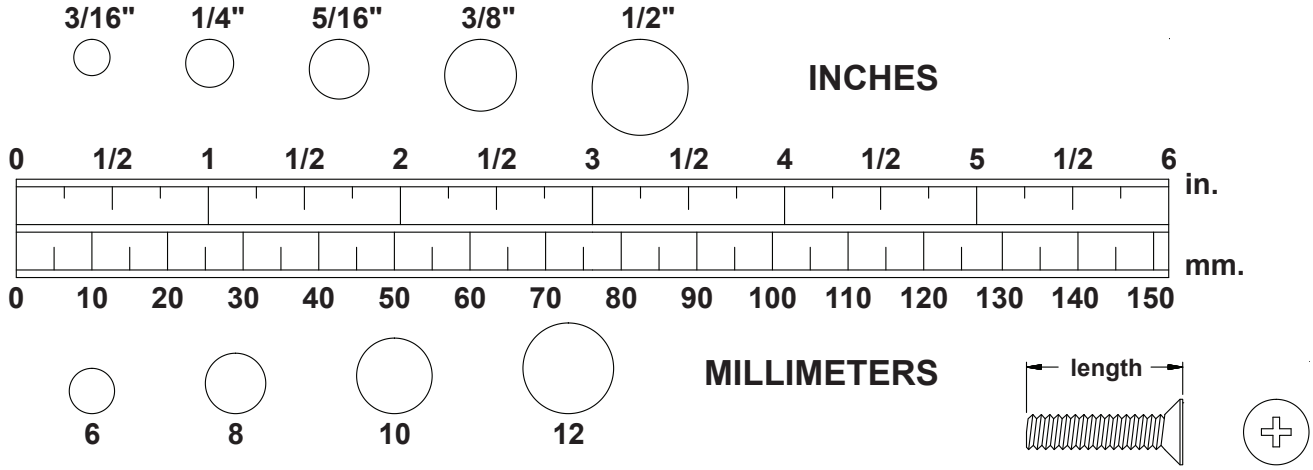
This chart is provided to help identify the warning & notice labels on the **AeroPilates® Premier 299.** Please take a moment to familiarize yourself with all of the warning & notice labels.

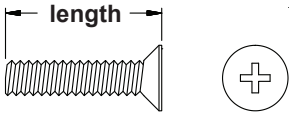
**Label is larger than actual size**

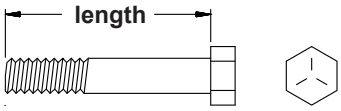
**W1** **WARNING LABEL(60)**

# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

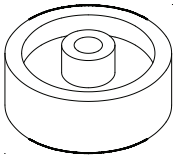
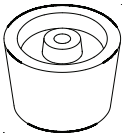
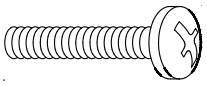
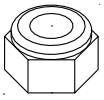
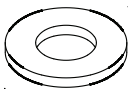
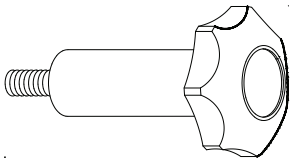



**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

| | Part Number and Description | | Qty |
|---|---|---|---|
|  | 24 | Plastic Wheel | 2 |
|  | 25 | Rubber Foot | 4 |
|  | 37 | Screw, Round Head (M5 x 0.8 x 35mm) | 4 |
|  | 40 | Nylock Nut (M8 x 1.25) | 2 |
|  | 46 | Washer (M8) | 6 |
|  | 49 | Locking Knob | 2 |

## *ASSEMBLY INSTRUCTIONS*

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1-800-375-7520** or e-mail us at **customerservice@staminaproducts.com.**

### STEP 1

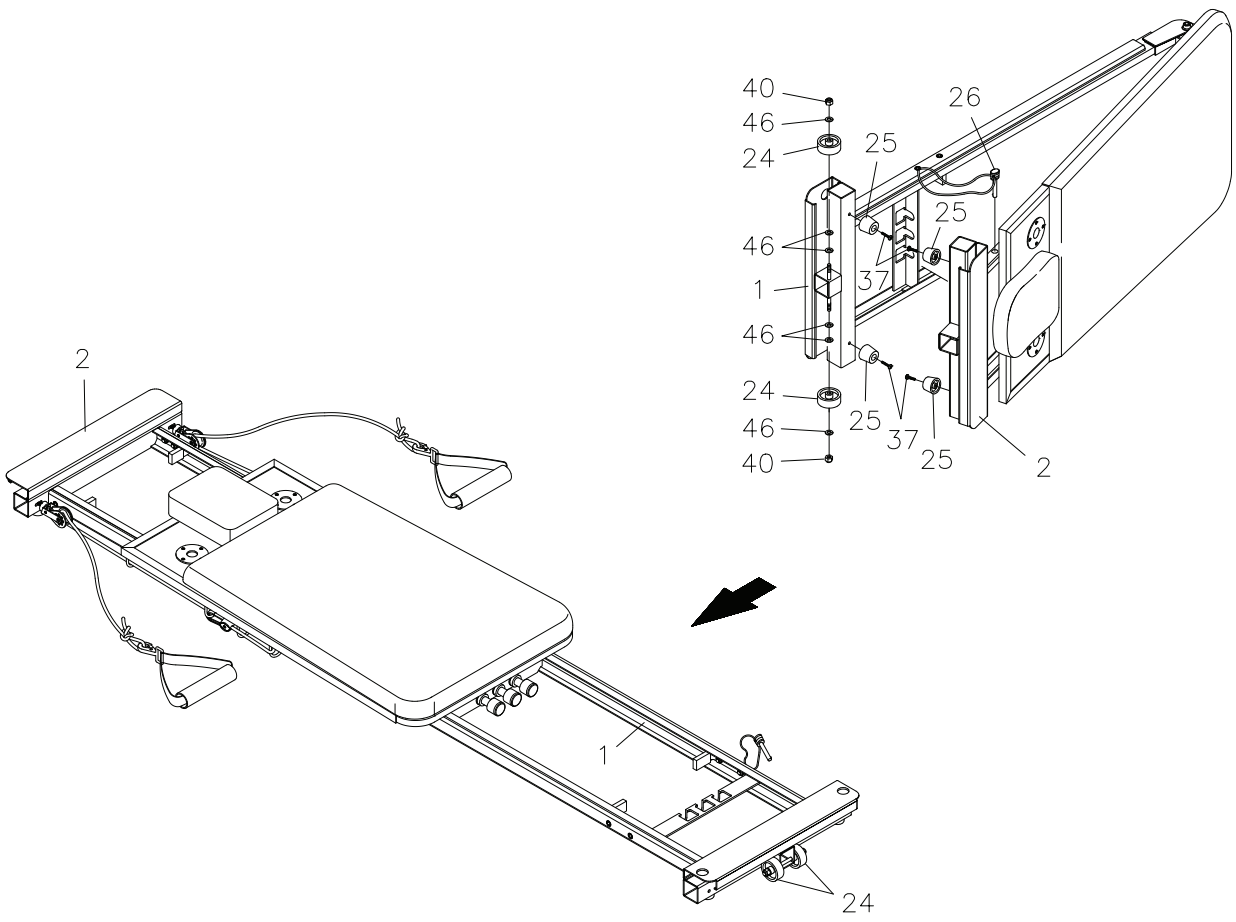
Remove your **AeroPilates® Premier 299** from its packaging, placing the product on its side with the **LOCKING PIN(26)** side upward. Remove the **LOCKING PIN(26)** and unfold the **MAIN FRAME ASSEMBLY** separating the half that has the attached **LOCKING PIN(26).** When completed, the frame should form a **"V"** with the frame ends separated approximately three feet.

### STEP 2

Attach the four **RUBBER FEET(25)** to the **FRONT FRAME(1)** and **REAR FRAME(2)** with **ROUND HEAD SCREWS(M5x0.8x35mm)(37).** The **ROUND HEAD SCREWS(M5X0.8X35mm)(37)** are already in the **RUBBER FEET(25).** Attach the **PLASTIC WHEELS(24)** to the **FRONT FRAME(1)** with **WASHERS(M8)(46)** and **NYLOCK NUTS(M8)(40).**

### STEP 3

Unfold your **AeroPilates® Premier 299** to a flat position by moving the **FRONT FRAME(1)** away from the platform end of the **REAR FRAME(2)** in a clockwise position until fully extended. Lower the **AeroPilates® Premier 299** so all four **RUBBER FEET(25)** are flat on the floor.



## *ASSEMBLY INSTRUCTIONS*

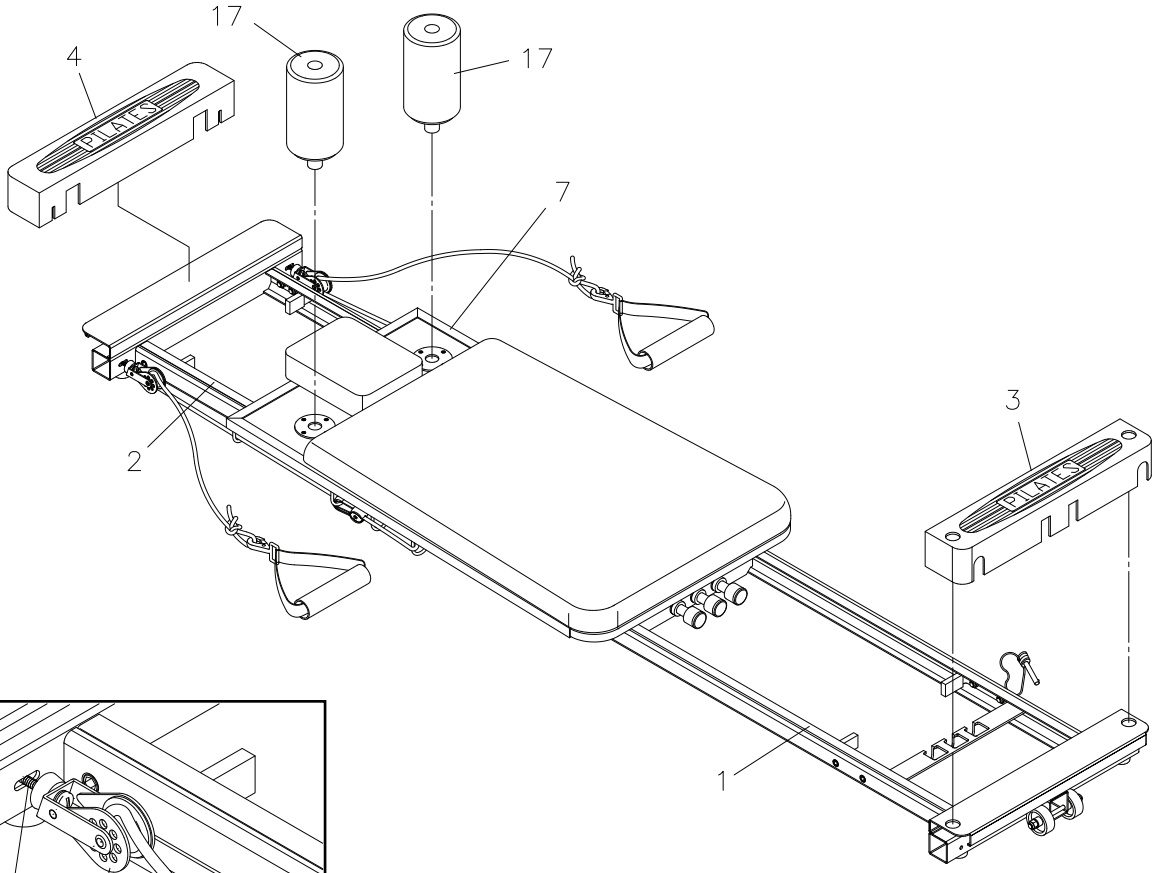
**NOTE:** The securing **SCREWS(M6x1x35mm)(36)** for the **PULLEY SET(22)** on each side may need to be loosened to allow the **REAR COVER(4)** to fit securely over the frame. Refer to the inset illustration. Before removing the paper covering from the foam tape inside the **REAR COVER(4)**, place the **REAR COVER(4)** onto the **REAR FRAME(2)** and make sure that the **SCREWS (M6x1x35mm)** are correctly tightened to allow the **REAR COVER(4)** to fit securely over the frame. The **PULLEY SETS(22)** should swivel freely.

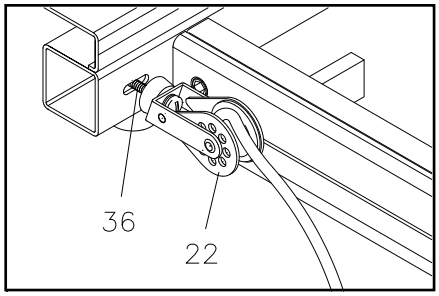
**STEP 4**

Remove the paper covering from the foam tape inside the **FRONT COVER(3)** and **REAR COVER(4).** Place the **FRONT COVER(3)** over the end of the **FRONT FRAME(1).** Place the **REAR COVER(4)** over the end of the **REAR FRAME(2).** Press the covers securely in place.

**STEP 5**

Insert the **FOAM PAD ASSEMBLIES(17)** into the holes located on the **CARRIAGE(7).**



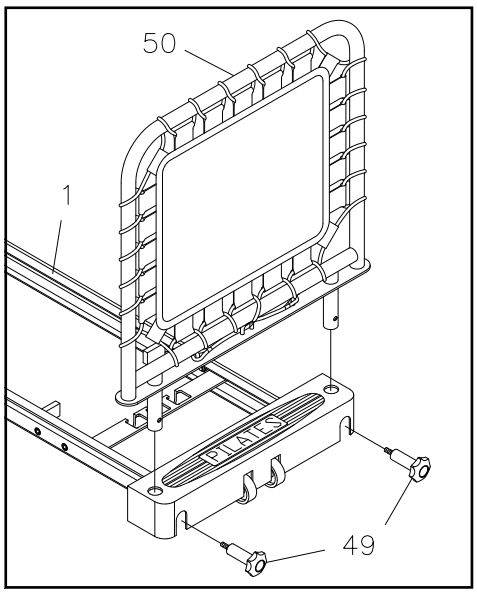



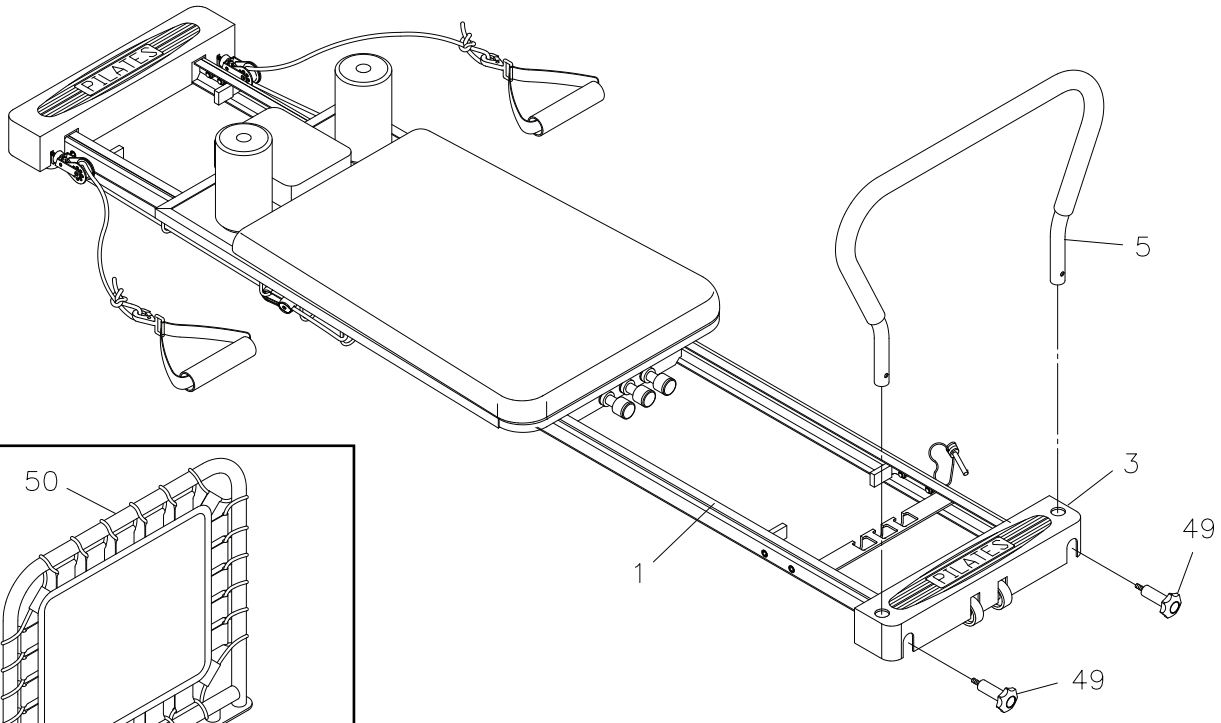
## *ASSEMBLY INSTRUCTIONS*

**STEP 6**

Make sure that the threaded holes in the **FOOTBAR(5)** are facing toward the end of the **AeroPilates® Premier 299** as shown in the illustration. Insert the **FOOTBAR(5)** into the mounting holes located in the **FRONT COVER(3)** and **FRONT FRAME(1).** Insert the **FOOTBAR(5)** all the way to the bottom and lock it in place with the **LOCKING KNOBS(49).**

**NOTE:** You can choose to insert the **CARDIO REBOUNDER(50)** into the **FRONT FRAME(1)** and lock in position with the **LOCKING KNOBS(49).** Refer to the inset drawing.



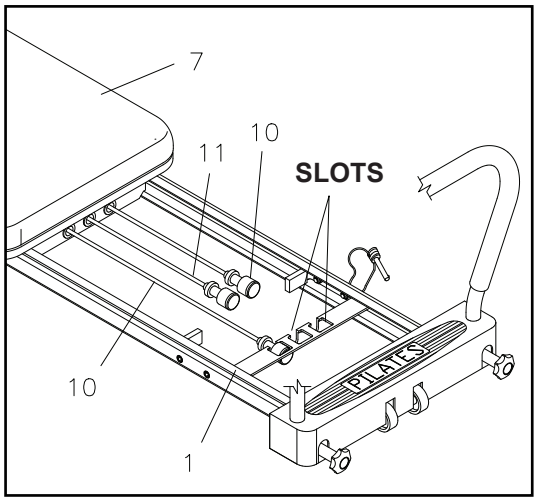



## *OPERATIONAL INSTRUCTIONS*

### LOAD ADJUSTMENT

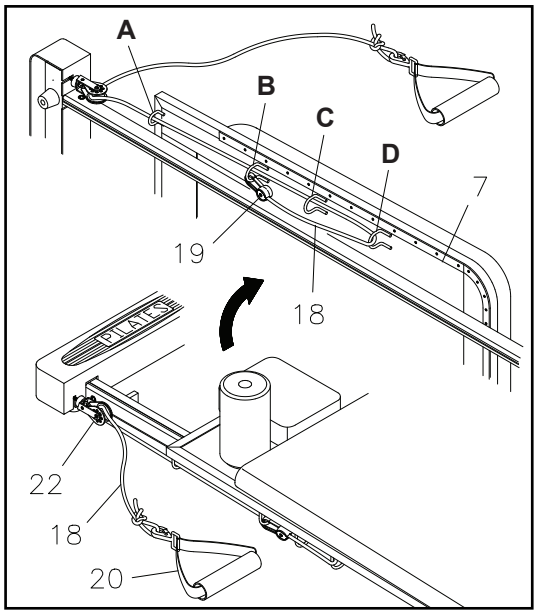
There are two **TENSION CORDS(10)** and one heavier **RED POWER CORD(11).**
The resistance of the **CARRIAGE(7)** can be adjusted by securing the **TENSION CORDS(10, 11)** in the slots on the **FRONT FRAME(1).** You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(10, 11)** in the slots.

**NOTE:** Over time your **TENSION CORDS(10, 11)** will relax. To increase resistance in the **RED POWER CORD(11)** and **TENSION CORDS(10),** stretch and re-tie the tension cords in a more taut position.



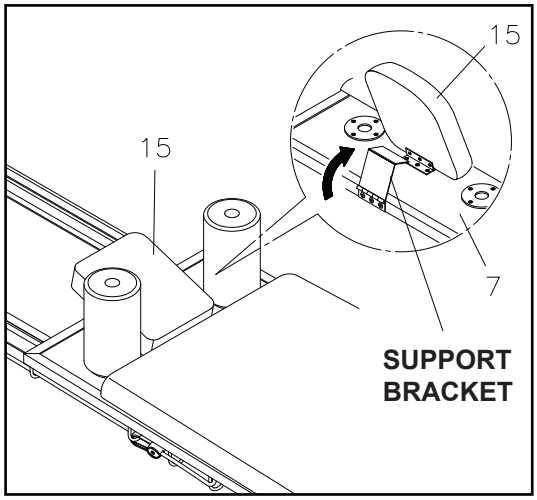

### ROPE LENGTH ADJUSTMENT

The **ROPES(18)** feed through the **PULLEY SETS(22)** then thread through the loops on the underside of both outer edges of the **CARRIAGE(7). PLASTIC HOOKS(19)** on the end of each rope are used to adjust the **ROPE(18)** length. If more length is needed, as when performing some leg exercises, then attach the **PLASTIC HOOKS(19)** to loop **D.** To shorten, as when performing some arm exercises, then bring the **ROPES(18)** around the last loop **D** and secure to loops **A, B,** or **C** with the **PLASTIC HOOKS(19).** Wrap the **ROPES(18)** around and through the loops again and attach where needed to shorten **ROPES(18)** even more.




### HEAD REST ADJUSTMENT

The **HEAD REST(15)** on the **CARRIAGE(7)** can be positioned at an incline by simply pivoting the **SUPPORT BRACKET** underneath the **HEAD REST(15).**



## *STORAGE*

1. To store the **AeroPilates® Premier 299,** simply keep it in a clean dry place.
2. The **FRONT FRAME(1)** of the **AeroPilates® Premier 299** has built-in wheels for easy moving. To move, be sure at least one of the tension cords is attached to prevent the **CARRIAGE(7)** from sliding, then lift from the end of the **REAR FRAME(2)** and roll.
3. The **AeroPilates® Premier 299** folds for storage. To fold, be sure no tension cords are attached and slide the **CARRIAGE(7)** to the end of the **REAR FRAME(2)**. Remove the **FOOTBAR(5), CARDIO REBOUNDER(50),** and **FOAM PAD ASSEMBLIES(17)**, then lift the **AeroPilates® Premier 299** onto its side with the **LOCKING PIN(26)** side up. With the machine hinging in the middle, move the **FRONT FRAME(1)** toward the **REAR FRAME(2)** until the frame ends meet. Insert the **LOCKING PIN(26)** into the hole in the **REAR FRAME(2)**, and the **AeroPilates® Premier 299** is ready to store.

## *MAINTENANCE*

The safety and integrity designed into the **AeroPilates® Premier 299** can only be maintained when the **AeroPilates® Premier 299** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the **AeroPilates® Premier 299** should be removed from service until repair is made.
3. Verify that the **WARNING LABEL(60)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(60)** if it is missing or damaged.
4. Verify that the **ROPES(18)** are properly installed on the **PULLEY SETS(22).**
5. Check the condition of the **ROPES(18)** and replace if they are frayed or worn.
6. Check the **PLASTIC HOOKS(19)** on the ends of the **ROPES(18).** Replace the **PLASTIC HOOKS(19)** if they are damaged or deformed.
7. Check the **TENSION CORDS(10, 11).** If any of the **TENSION CORDS(10, 11)** are stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(10, 11)** that are frayed or worn.
8. Check the **BUNGEE CORD(52)** on the **CARDIO REBOUNDER(50)** for wear. Replace the the **BUNGEE CORD(52)** if it is frayed or worn.
9. Check the **PULLEY SETS(22)** for excessive wear. Replace worn **PULLEY SETS(22).**
10. Check the **HAND/FOOT STRAPS(20)** for damage. Replace damaged parts.
11. Check the **FOAM SLEEVE(6)** and **FOAM PADS(17)** and replace if damaged or worn.
12. Check the **STOP PLATES(27, 29)** for looseness or damage and replace any damaged parts.
13. Check the **CUSHION(14)** and replace if it is damaged or worn.
14. Check and clean the **ROLLERS(8)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
15. Only Stamina Products supplied components shall be used to maintain/repair the **AeroPilates® Premier 299.**
16. Keep your **AeroPilates® Premier 299** clean by wiping it off with an absorbent cloth after use.

## *CONDITIONING GUIDELINES*

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

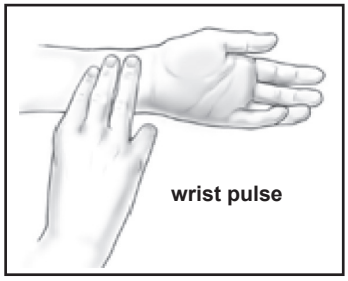
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.




Target Heart Rate Zone Estimated by Age*

| Age | Target Heart Rate Zone (55%-90% of Maximum Heart Rate) | Average Maximum Heart Rate 100% |
|---|---|---|
| 20 years | 110-180 beats per minute | 200 beats per minute |
| 25 years | 107-175 beats per minute | 195 beats per minute |
| 30 years | 105-171 beats per minute | 190 beats per minute |
| 35 years | 102-166 beats per minute | 185 beats per minute |
| 40 years | 99-162 beats per minute | 180 beats per minute |
| 45 years | 97-157 beats per minute | 175 beats per minute |
| 50 years | 94-153 beats per minute | 170 beats per minute |
| 55 years | 91-148 beats per minute | 165 beats per minute |
| 60 years | 88-144 beats per minute | 160 beats per minute |
| 65 years | 85-139 beats per minute | 155 beats per minute |
| 70 years | 83-135 beats per minute | 150 beats per minute |

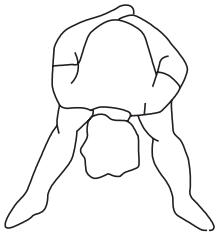
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

## *WARM-UP and COOL-DOWN*

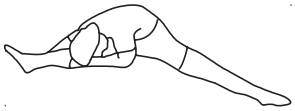
**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

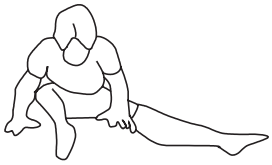
### Suggested Stretching Exercises

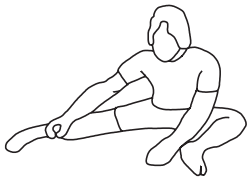


**Lower Body Stretch**
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



**Floor Stretch**
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





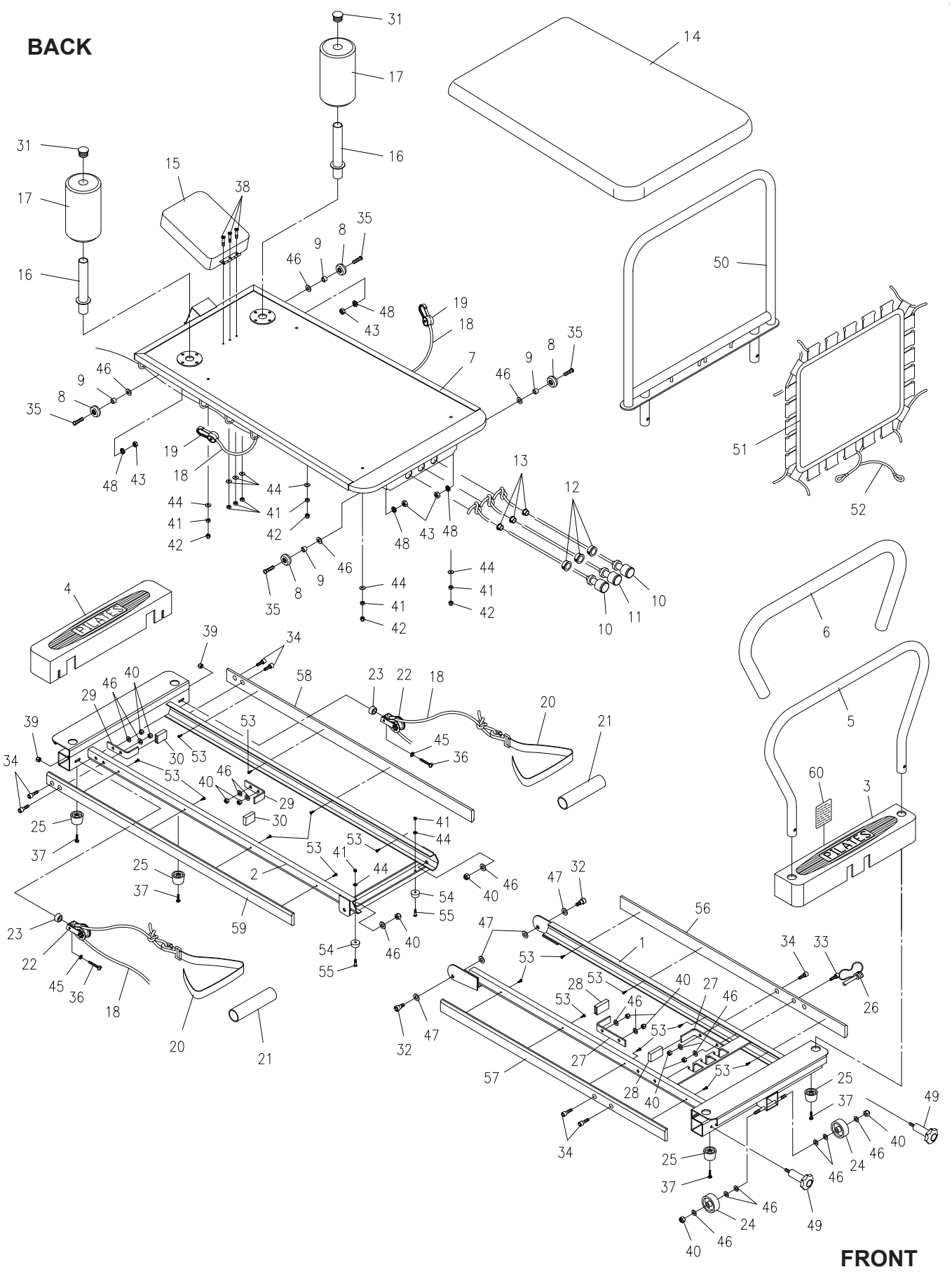
**Bent Torso Pulls**
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

**Bent Over Leg Stretch**
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember to always check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

## PRODUCT PARTS DRAWING



## *PARTS LIST*

| PART# | PART NAME | QTY |
|---|---|---|
| 1 | Front Frame | 1 |
| 2 | Rear Frame | 1 |
| 3 | Front Cover | 1 |
| 4 | Rear Cover | 1 |
| 5 | Footbar | 1 |
| 6 | Foam Sleeve | 1 |
| 7 | Carriage | 1 |
| 8 | Roller | 4 |
| 9 | Roller Spacer | 4 |
| 10 | Tension Cord | 2 |
| 11 | Red Power Cord | 1 |
| 12 | Support Bushing | 3 |
| 13 | Stop Bushing | 3 |
| 14 | Cushion | 1 |
| 15 | Head Rest | 1 |
| 16 | Foam Pad Tube | 2 |
| 17 | Foam Pad | 2 |
| 18 | Rope | 2 |
| 19 | Plastic Hook | 2 |
| 20 | Hand/Foot Strap | 2 |
| 21 | Hand Grip | 2 |
| 22 | Pulley Set | 2 |
| 23 | Pulley Spacer | 2 |
| 24 | Plastic Wheel | 2 |
| 25 | Rubber Foot | 4 |
| 26 | Locking Pin | 1 |
| 27 | Stop Plate | 2 |
| 28 | Stop Pad | 2 |
| 29 | Small Stop Plate | 2 |
| 30 | Small Stop Pad | 2 |
| 31 | Round Plug (25mm) | 2 |
| 32 | Shaft Bolt, Socket Head (M8 x 1.25 x 20mm) | 2 |
| 33 | Bolt, Socket Head w/ hole (M8 x 1.25 x 20mm) | 1 |
| 34 | Bolt, Socket Head (M8 x 1.25 x 20mm) | 7 |
| 35 | Bolt, Round Head (M8 x 1.25 x 25mm) | 4 |
| 36 | Screw, Round Head (M6 x 1 x 35mm) | 2 |
| 37 | Screw, Round Head (M5 x 0.8 x 35mm) | 4 |
| 38 | Screw, Flat Head (M5 x 0.8 x 25mm) | 3 |
| 39 | Nylock Nut (M6 x 1) | 2 |
| 40 | Nylock Nut (M8 x 1.25) | 12 |
| 41 | Nylock Nut (M5 x 0.8) | 9 |
| 42 | Acorn Nut (M5 x 0.8) | 4 |
| 43 | Nut (M8 x 1.25) | 4 |
| 44 | Washer (M5) | 9 |
| 45 | Washer (M6) | 2 |
| 46 | Washer (M8) | 20 |
| 47 | Washer (M10) | 4 |

## *PARTS LIST*

| PART# | PART NAME | QTY |
|---|---|---|
| 48 | Lock Washer (M8) | 4 |
| 49 | Locking Knob | 2 |
| 50 | Cardio Rebounder | 1 |
| 51 | Rebounder Mat | 1 |
| 52 | Bungee Cord | 1 |
| 53 | Screw, Round Head (M3.5 x 11mm) | 16 |
| 54 | Rubber Stand | 2 |
| 55 | Screw, Flat Head (M5 x 0.8 x 16mm) | 2 |
| 56 | Front Left Side Rail | 1 |
| 57 | Front Right Side Rail | 1 |
| 58 | Rear Left Side Rail | 1 |
| 59 | Rear Right Side Rail | 1 |
| 60 | Warning Label | 1 |
| 61 | Combination Wrench | 1 |
| 62 | Socket Wrench | 1 |
| 63 | Manual | 1 |
| 64 | Workout Chart | 1 |
| 65 | Very Basic with Form Introduction (DVD) | 1 |
| 66 | Level 1 Pure AeroPilates (DVD) | 1 |
| 67 | Level 1 Simply Cardio AeroPilates (DVD) | 1 |
| 68 | Level 1 Integrated AeroPilates (DVD) | 1 |
| 69 | Level 2 Pure AeroPilates (DVD) | 1 |
| 70 | Level 2 Simply Cardio AeroPilates (DVD) | 1 |
| 71 | Level 3 Pure AeroPilates (DVD) | 1 |
| 72 | Level 3 Simply Cardio AeroPilates (DVD) | 1 |

## *LIMITED WARRANTY*

**MODEL 55-4299**

# WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

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## *NOTES*

## *FAX/MAIL ORDERING FORM*

Please do not return the product. For your convenience, Stamina's Customer Service Department can be reached by email at customerservice@staminaproducts.com or toll free at 1-800-375-7520 (in the U.S.). Should a part be missing or a defective part found, please call us from 7:30 A.M. to 5:00 P.M. Central Time, Monday through Thursday and 8:00 A.M. to 3:00 P.M. on Friday or fill out the fax sheet ordering form below and fax it to (417) 889-8064. Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

**TELEPHONE**
**CUSTOMER SERVICE**
**Tel: 1 (800) 375-7520**

**FAX**
**CUSTOMER SERVICE**
**Fax: (417) 889-8064**

**ONLINE**
**CUSTOMER SERVICE**
**customerservice@staminaproducts.com**
**www.staminaproducts.com**

**MAIL**
**STAMINA PRODUCTS, INC.**
**ATTN: Customer Service**
**P.O. Box 1071**
**Springfield, MO. 65801-1071**

**Detach and Mail or Fax the Form Below**

**Stamina Products, Inc.**
**P.O. Box 1071**
**Springfield, MO 65801-1071**

Mr./Ms: .....

Address: ..... Apt. #: .....

City: ..... State: ..... Zip Code: .....

**IMPORTANT : We must have your phone number in order to process the order!**

Phone #: ( ) ..... Work Phone #: ( ) .....

Date Purchased: .....

Model #: .....

Purchased From: .....

**IMPORTANT : Before filling out the form below make sure you have the right information. Refer to the parts list to make sure you're ordering the right parts!**

| PART # | DESCRIPTION | QUANTITY |
|---|---|---|
| EXAMPLE: 1 | Rear Unit Assembly | 1 |
| | | |
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